

VITAMINS & MINERALS

US Health
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Vitamins

- **Vitamin:** a nutrient that helps the body use carbohydrates, proteins, and fats
 - Provide no energy to the body directly
 - Unleash energy stored in carbs, proteins, & fats
- Two types:
 - **Fat-Soluble Vitamins**
 - Dissolves in fat
 - Can be stored by the body
 - Vitamin A, D, E, K
 - **Water-Soluble Vitamins**
 - Dissolves in water
 - Cannot be stored by the body in significant amounts
 - Vitamins C and B



Minerals

- **Mineral:** a nutrient that regulates many chemical reactions in the body
 - naturally occurring inorganic substances
 - Small amounts of vitamins & minerals are essential in metabolism & nutrition
- Two Types:
 - **Macro-minerals**
 - Required in amounts greater than 100 mg
 - I.e. calcium, sodium
 - **Trace minerals**
 - Needed in very small amounts
 - I.e. iron, zinc

Water

- **Water:** a nutrient that is involved with all body processes
 - Makes up the basic part of blood
 - Helps with waste removal
 - Regulates body temperature
 - Cushions spinal cord & joints
- Water makes up 60% of our body mass
- Water carries nutrients to our body cells & waste products from the cells to the kidneys
- Water can be excreted through urine and perspiration

How many days can you live without water?

- 3 days
- Why?
 - Body is 60% water
- **Dehydration:** condition in which the water content of the body has fallen to an extremely low level
 - Can be caused by:
 - Lack of water intake
 - Dry environments
 - Fever, vomiting, diarrhea
 - Signs & Symptoms:
 - Fatigue, dry mouth, dizziness, weakness, flushed skin, headache, blurred vision, difficult swallowing, dry skin, rapid pulse, infrequent urination